



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **HLTREM401D Work within a massage framework**

**Release: 1**

## HLTREM401D Work within a massage framework

### Modification History

HLT07 Version 4	HLT07 Version 5	Comments
HLTREM401C Work within a massage framework	HLTREM401D - Work within a massage framework	Unit updated in V5. ISC upgrade changes to remove references to old OHS legislation and replace with references to new WHS legislation. No change to competency outcome.

### Unit Descriptor

#### Descriptor

This unit of competency describes the skills and knowledge required to work effectively within a massage framework

### Application of the Unit

#### Application

This unit may apply to work in massage in a range of settings and contexts

### Licensing/Regulatory Information

Not Applicable

### Pre-Requisites

Not Applicable

## Employability Skills Information

### Employability Skills

This unit contains Employability Skills

## Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

## Elements and Performance Criteria

### ELEMENT

### PERFORMANCE CRITERIA

1. Demonstrate commitment to the central philosophies of massage practice

- 1.1 Provide definition of massage and the massage system of treatment
- 1.2 Provide an overview of the historical development of massage
- 1.3 Identify and explain *massage principles*
- 1.4 Draw upon massage philosophy to interpret health issues

2. Identify and describe the *principles* and practices of massage

- 2.1 Identify and describe *major methods of treatment* used in massage
- 2.2 Identify and describe *other complementary therapies* used in massage
- 2.3 Identify and describe *massage assessment techniques*

<b>ELEMENT</b>	<b>PERFORMANCE CRITERIA</b>
3. Develop knowledge of complementary therapies	<p>3.1 Provide information on other complementary therapies</p> <p>3.2 Explain similarities and differences between physiotherapy, osteopathy, chiropractic therapy and massage therapy</p> <p>3.3 Describe the characteristics between the allopathic and naturopathic approaches to treatment</p> <p>3.4 Identify the relationship between therapies</p>
4. Represent massage framework to the community	<p>4.1 Explain the practices and principles of massage in an easily understood way in a one-to-one and group setting</p> <p>4.2 Clarify enquiries and provide <i>appropriate information</i></p> <p>4.3 Make requests for client to bring relevant data to the consultation</p> <p>4.4 Discuss alternative sources of information/advice are discussed</p>
5. Work within clinic and regulation guidelines	<p>5.1 Access and follow <i>clinic guidelines</i></p> <p>5.2 Access and follow <i>legal and regulatory guidelines</i></p> <p>5.3 Undertake <i>relevant documentation</i></p>

## Required Skills and Knowledge

This describes the essential skills and knowledge and their level required for this unit.

### *Essential knowledge:*

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- A range of alternative and complementary therapies

- Ethical issues in body therapies
- WHS requirements in the workplace
- Philosophical tradition of western and eastern body therapies
- Sociology of health and the health care system
- The effects of massage on the body surface
- The history and development of massage
- The philosophies, principles and tools of massage practice
- The qualitative, quantitative, cultural and traditional lines of evidence used in massage
- The rationalistic, analytical approach to an understanding of disease

### *Essential skills:*

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Appropriately record details of client enquiries according to clinic guidelines
- Correctly identify client information needs
- Demonstrate communication skills in a one-to-one and group setting
- Explain relevant products and services
- Provide client with required information
- Work or model work which demonstrates an understanding of underpinning values and philosophies in the massage framework

## **Evidence Guide**

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

*Critical aspects for assessment and evidence required to demonstrate this competency unit:*

- The individual being assessed must provide evidence of specified essential knowledge as well as skills
- Observation of performance in the workplace or a simulated workplace (defined as a supervised clinic)
- Consistency of performance should be demonstrated over the required range of situations relevant to the workplace
- Where, for reasons of safety, space, or access to equipment and resources, assessment takes place away from the workplace, the assessment

environment should represent workplace conditions as closely as possible

- Assessment may contain both theoretical and practical components and examples covering a range of clinical situations
- Assessment of sole practitioners must include a range of clinical situations and different client groups covering at minimum, age, culture and gender
- Assessment of sole practitioners must consider their unique workplace context, including:
  - interaction with others in the broader professional community as part of the sole practitioner's workplace
  - scope of practice as detailed in the qualification and component competency units
  - holistic/integrated assessment including:
    - working within the practice framework
    - performing a health assessment
    - assessing the client
    - planning treatment
    - providing treatment

*Context of and specific resources for assessment:*

- Relevant texts or medical manuals
- Relevant paper based/video assessment instruments
- Appropriate assessment environment
- Skilled assessors

*Method of assessment*

- Observation in the workplace
- Written assignments/projects or questioning should be used to assess knowledge
- Case study and scenario as a basis for discussion of issues and strategies to contribute to best practice
- Clinical skills involving direct client care are to be assessed initially in a simulated clinical setting  
If successful, a second assessment is to be conducted during workplace application under direct supervision
- Oral questioning and discussion

- Access and equity considerations:*
- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
  - All workers should develop their ability to work in a culturally diverse environment
  - In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
  - Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

*Related units:*

This unit should be assessed in conjunction with the following related unit:

- HLTHIR301C Communicate and work effectively in health

## Range Statement

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

*Massage principles include:*

- Relevant code of ethics or code of conduct documents/policies, regulations and guidelines national, state/territory or local massage therapy organisations and/or associations
- Relevant national, state/territory or local government regulations and guidelines
- Accepted preventative practices adopted by self or peers to minimise safety hazards and risks in the same or similar situations
- Current and past good practice demonstrated by self or peers in the same or similar situation
- Individual responsibility to others regarding the proximity of the relationship and reasonable standard of care
- Delivering the highest possible professional care to all clients with consideration for the medical, ethical, social and religious needs of the client
- Principles of client confidentiality
- Respect of boundary issues such as
  - compliance with industry code of ethics and practice in relation to:
    - informed consent
    - duty of care
    - draping
    - hygiene
    - the scope of client/therapist relationships
    - advertising
    - maintenance of equipment
    - social/cultural morals
    - equal treatment of all clients
    - psycho-emotional well being of clients
    - referral of clients who want treatment outside the scope of the available services
    - dealing appropriately with difficult clients



*Major methods of treatment include:*

- Compressive techniques including digital ischemic pressure
- Deep tissue massage techniques
- Effleurage including cross over stroke, longitudinal stroking, gliding techniques
- Friction techniques
- Kneading
- Manual lymphatic drainage
- Mobilising techniques
- Myofascial tension technique
- Passive joint movement techniques
- Passive soft tissue movement
- Percussion techniques
- Petrissage
- Proprioceptive neuromuscular facilitation
- Stretching techniques
- Temperature therapy
- Trigger point release techniques
- Vibration

*Other techniques in which the practitioner is trained such as:*

- Shiatsu
- Tuina
- Acupressure/TCM
- Reflexology
- Polarity therapy
- Cranio sacral
- Touch for Health
- Magnetic Therapy
- Chi Nei Tsang
- Alexander technique
- Trager approach
- Restorative techniques (disability)
- Sports therapies
- Kinesiology
- Hydrotherapy
- Integration therapy
- TENS
- Aromatherapy

- Other complementary therapies may include:*
- Therapies in which the practitioner is trained or informed
- Massage assessment techniques may include:*
- Observation
  - Discussion
  - Temperature taking through tactile methods
  - Pulse taking when required for massage technique
  - Palpation
  - Percussion
  - Range of motion tests
  - Orthopaedic tests
  - Assessment of the neural system
  - Observation of variations of posture
  - Any other method in which the practitioner has been trained to a competent standard
  - Procedure which is conducted according to legislative and regulatory requirements
- Information on other complementary therapies may include:*
- Historical development
  - Current availability
  - Tools and techniques
  - Interactions between different therapies
  - When therapies may be used
  - Underpinning philosophy
- Definition of allopathic and naturopathic approaches is:*
- Allopathic - the western medical model in which a disease or an abnormal condition is treated by creating an environment that is antagonistic to it, ie, a system that emphasises treatment of disease
  - Naturopathic - a system of health care that emphasises health maintenance, disease prevention, client education and client responsibility
- Relationship between therapies may include:*
- Contra-indications to treatment
  - Effects of one treatment over or with another
  - Treatment according to stage of condition

*Enquiries may require explanation of:*

- Duration of treatment
- Expected treatment outcomes
- Possible approaches to treatment
- Estimated cost of treatment
- Availability of health fund rebates
- Work cover eligibility
- Professional status of practitioner
- Availability of home visits
- After hours service
- Provision for hospital visits

*Appropriate information may include:*

- Confirmation of appointment date and time
- Clinic location and directions
- Cost of initial consultation
- Payment options

*Clinic's guidelines may include:*

- Procedures and guidelines
- Purpose or mission statement
- Code of ethics or practice
- Level of competency and degree of supervision
- Partnership/group decisions and agreed practice

*Legal and regulatory guidelines may include:*

- WHS guidelines
- Anti-discrimination legislation
- Privacy Act
- Infection control

*Relevant documentation may include:*

- Nature of enquiry
- Client contact details
- Recording of incidents
- Appointment details

## **Unit Sector(s)**

Not Applicable